

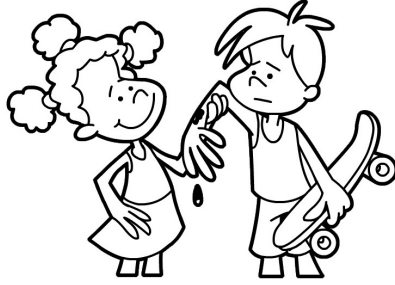
# Looking after yourself

Name: \_\_\_\_\_

It is important to respect and care for your body and look after yourself. Talk about the pictures below with a friend.



teeth



blood



deodorant



water



breakfast



body



sport



sleep

Help Linda make the right decisions about keeping healthy. Fill in the missing words in the sentences below. Use the pictures to help you choose the right words.

Linda brushes her \_\_\_\_\_ in the morning and at night.

She puts on \_\_\_\_\_ so that she smells fresh.

She eats a healthy \_\_\_\_\_ before she goes to school.

Linda sees her friend's arm bleeding but she does not touch her friend's \_\_\_\_\_.

Linda drinks lots of \_\_\_\_\_ every day.

She plays \_\_\_\_\_ regularly so that she exercises her body.

She washes her \_\_\_\_\_ every day. At night

Linda goes to bed early and has a good night's \_\_\_\_\_.

How do you keep yourself healthy? Discuss this with a friend.